

What is claimed is:

1. An assessment tool for evaluating a person's quality of life based on a plurality of personal attributes, the assessment tool comprising:
 - a list of a plurality of personal attributes determined to be significant to a person's quality of life;
 - means for establishing a score for each of the personal attributes for a selected person;
 - a display representing the established score for each of the personal attributes;and wherein
 - the display provides a visual representation of the selected person's quality of life with respect to the personal attributes.
2. The assessment tool according to claim 1 further comprising means for designating the established score with a first designation if the established score is equal to or below a predetermined minimum score and a second designation if the established score is above the minimum score.
3. The assessment tool according to claim 1 wherein the list of personal attributes includes at least one of a person's belief in God, health, personal hygiene, family relationships, education, socio-economic status, political status, patriotic status, interracial relationships or tolerance, ethics, morality, social status, personal relationships, and self-defense skills.

4. The assessment tool according to claim 1 wherein the assessment tool is a self-assessment tool including wherein a user determines at least one of the plurality of personal attributes or establishes a score for each of the personal attributes.
5. The assessment tool according to claim 1 wherein the means for establishing a score for each of the personal attributes includes a list of one or more questions related to each of the personal attributes.
6. The assessment tool according to claim 1 wherein the display includes a bar graph.
7. The assessment tool according to claim 1 wherein the display includes an abacus.
8. The assessment tool according to claim 1 further comprising a computer including a memory, a user interface, a display device and software stored on the memory, wherein the assessment tool is operable on the computer.
9. The assessment tool according to claim 1 wherein the established score for each of the personal attributes is in a range between about 0 and about 10.
10. The assessment tool according to claim 2 wherein the first and second designations include first and second colors.
11. A method of evaluating a person's quality of life based on a plurality of personal attributes, the method comprising the steps of :

determining a plurality of personal attributes significant to a person's quality of life;

establishing a score for each of the personal attributes for a selected person;

displaying the established score for each of the personal attributes for the selected person; and wherein

the method providing a visual representation of the selected person's quality of life with respect to the personal attributes.

12. The method of claim 11 further comprising a step of designating each displayed score with a first designation if the score is equal to or below a predetermined minimum score and a second designation if the score is equal to or above the minimum score.

13. The method of claim 11 wherein the step of determining a plurality of attributes includes selecting at least one of, belief in God, health, personal hygiene, family relationships, education, socio-economic status, political status, patriotic status, interracial relationships or tolerance, ethics, morality, social status, personal relationships, and self-defense skills.

14. The method of claim 11 wherein the step of establishing a score for each of the personal attributes for a selected person includes reviewing at least one question related to each of the personal attributes of the selected person.